

# SENIOR NEWS

Volume 7, Issue 1, January – February, 2005



**City of Chandler Senior Center**  
202 E. Boston Street • Chandler, AZ 85225  
(480) 782-2720 \* Fax (480) 782-2725

**Hours:**  
Monday – Friday 8 am – 5 pm

**Holiday Closures:**  
Monday, January 17 for Martin Luther King Jr. Day  
Monday, February 21 for President's Day

## Chandler Senior Center Staff

### City of Chandler Parks & Recreation:

Denise Demaray, Recreation Coordinator II, Center Director  
782-2722  
Heather Irons, Customer Service Representative  
782-2720  
Collette Jones, Recreation Coordinator I, Therapeutics  
782-2709

### Community Services of Arizona, Inc:

Nancy Ricketts, Senior Site Manager, Meal Programs  
782-2721  
Kelly Delgado, Kitchen Manager and Meal Program Adm. Assist.  
782-2724  
Home Delivered Meals Program  
782-2740

## Program Registration

Registration is required for some of the special events at the Center. Each program has a registration and payment deadline, which is posted on all sign-up sheets. To register for a particular program, please do one of the following:

1. Register by calling the Senior Center at (480) 782-2720 and give the receptionist your name, telephone number and what program you are registering for. Then come in or mail the fee for that program by the deadline date; **OR**
2. Come into the Senior Center to sign up and pay for the program.

When a special event is full, a waiting list will be started. Any openings that occur will be filled in the order of the waiting list. Any events that require a fee will have to be paid the day you sign up. Failure to pay the day you register could result in your name being taken off the list. Reservations and payment are required, so sign up early.

## Congregate Meals at the Senior Center

Bring a friend or join others who enjoy a home cooked meal each day, Monday – Friday at 11:30 a.m. at the Senior Center. The suggested donation amounts for the meal are \$2.50 for adults 60 years of age and older and a \$4 charge for adults under 60. To participate, you will need to reserve your meal. Please call by 11 a.m. the day before you intend to join us for lunch. Please come early and stay after lunch to enjoy the other activities going on each day. The Meal Program is sponsored by the Area Agency on Aging, Community Services of Arizona and private donations. **Please call Nancy at 782-2721 to reserve or cancel your meal.**

**Senior Help Line @ 602-264-4357**

**Are you looking for information and don't know who to talk to? Call the Senior Help Line provided by the Area Agency on Aging.**

## Chandler Senior Center

Want to have a voice in what happens at the Senior Center? Attend the Site Council meeting on **January 10 and February 14**. The Site Council is the elected representative body of the Senior Center.

**Meetings are held on the third Monday of each month at 9 a.m. and are open to the public. Meeting dates are subject to change due to holidays.** Please attend these meetings, get involved in your center, and represent your peers.

**President** – Maretta Wood

**Vice President** – Rosemary Morton

**Treasurer** – Betty Crawford

**Secretary** – Marilyn Thompson

**Members:**

Alta Hummel, Norma Griffin, Jean Grover, Gerald Kanugh, Dora Koester, Bert Johanson, LaVerne Johanson, Verla Morris, Helen Peak, Edna Robinson, Koko Romero, Phil Rush, Dorothy Simmons

**Staff:**

Denise Demaray, Nancy Ricketts, Christine Wetherington

## Volunteer Opportunities

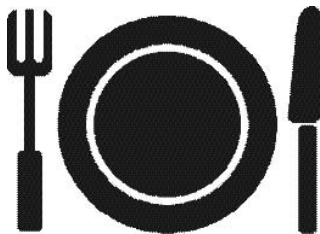
Our seniors are a great help to the operations of the Senior Center. **In October, they volunteered a total of 1,128 hours, and 1,222 hours volunteered in November.** We couldn't do it without them!

### Meal Delivery

We are looking for volunteers to help deliver home meals. The volunteer hours are 9:30 a.m. – 12 p.m. Monday through Friday. If you are interested in volunteering your time, please call 782-2721 and speak to Nancy. Your help would be appreciated!

### Congregate Meal Assistance

The congregate meal program is looking for volunteers to help bag silverware, set out and fill salt & pepper – shakers, napkins, and straws, and place on the tables, distribute beverages, and serve meals to the tables.



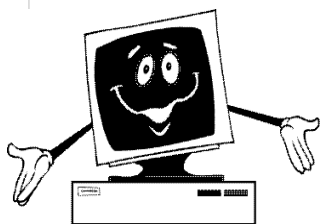
### Angel Committee

The craft group is looking for volunteers to help make party and holiday favors to be used for our parties, congregate meal dining tables, and to send out to our homebound friends with their meals. All supplies will be provided; we just need your help each month to make the crafts. The group meets before a holiday on a Monday at 9 a.m. Sign up at the front desk to become a member of the Angel Committee.



We want to give a big thank you to the following volunteers who help each month:

Juanita Roberts, Esther Simms, Pat Wilson, Evelyn Carter, Carolyn Woeten, Wanda Bauer, Jan Foster, Carol Bowsher, Betty Dunn, and Ruth Turnmiere.



**[www.ChandlerAZ.gov/senior-adults](http://www.ChandlerAZ.gov/senior-adults)**

**Your online source for the  
Senior News and information  
about the City and your community.**



## Ongoing Activities at the Chandler Senior Center

### Arthritis Exercises

Every Monday, Wednesday, and Friday morning at 9:30 a.m., come exercise with Koko. This low-impact 30-45 minutes of exercise is a winner for everyone. Drop in and give it a try.

### Bingo

B-2, G-53, N-31! WINNER!

That's what you will hear at Bingo, which is held each Monday and Wednesday from 12-1 p.m. Cost is 50 cents

per card, and there is no limit on the number of cards you can buy.

Bring a friend or make some new ones for an hour of fun, laughter and great prizes! Thanks to the Ladies Auxiliary from American Legion Post 35 for prize donations. Free Bingo on the first Monday of each month, sponsored by Secure Horizons – PacifiCare.



### Birthday Celebration

Celebrate Life! Join us on the last Friday of each month for cake with lunch at 11:30 a.m. Please sign up with the lunch table to celebrate your birthday. A special table is reserved at lunch for our birthday guests. Don't forget to make a reservation!

### Bowling

Get out your bowling shoes and join us every Thursday at 1 p.m. at Kyrene Lanes, 6225 W. Chandler Blvd.

Cost is \$3.25,

Which includes shoe rental and three games. Join over 40 bowlers, have a great time and get some exercise too!



A great time was had by all at the Turkey Bowl.  
Thanks Joyce for all your help!

### Cards

Bring a friend, meet new people and have fun while playing cards. New players always welcome!

- Pinochle: Tuesday & Wednesday at Noon.
- Hand and Foot: Wednesday from 1-4 p.m.
- Bridge: Monday & Friday, Noon to 4 p.m.

If tables are full, other players will be rotated into the games.

### Ceramics

Join us for three hours of ceramic painting. Buy objects to paint from a ceramic store, Craftmart or WalMart, and then bring the items with you to the class. Coffee and donuts will be served. Ceramic painting is offered every Wednesday at 8 a.m.

### Koffee Klatch

Get your morning off to a good start with your friends! Fresh coffee, hot tea, and iced tea are served Monday – Friday, from 8:30-10 a.m., in the dining room. Drinks are 25 cents per day.

### Computer Lab

Are you looking for a place to practice your computer skills? Do you like to play computer games or get on the Internet? The Senior Center has a computer lab with 15 computers, (however the lab is closed during class times). Please ask at the front desk for class days and times. You must be 55 or older to use the computer lab. Check out our computer classes listed in the "Classes" section.

### Crafts - Tuesday

Join us for crochet and plastic canvas stitching projects. Come join us every Tuesday at 8 a.m.

### Crafts - Thursday

Juanita Roberts teaches a variety of free craft classes, with all supplies provided. Students will make at least two of each craft – one to keep, and one to go in the craft display case for sale. Come and get crafty every Thursday at 9 a.m.

### Craft Showcase & Sale

Stop by and see all of the great items that have been made by our craft classes. The craft items are for sale, and proceeds are used to buy supplies for more fun classes. Thanks to the crafters who make and donate items to sell in the showcase.

### Golden Singers

Do you enjoy singing? Join the Golden Singers every Friday at 10 a.m. to sing, or just listen.

### Hearing Checks

Michael Molumby, Hearing Systems Specialist, from Miracle Ear will be at the center every third Thursday of each month to check your ears, hearing and your adaptive hearing aids. The checks will be January 20 and February 17. Sign up at the front desk.

### Kitchen Band

We will be tooting our horns and playing our drums! The Kitchen Band will play every **Wednesday at 10 a.m.** Please note new day! Come join the fun!

### Legal Assistance

Legal service is available for **the first and third Monday of each month from 9-11 a.m.** Joyce Pocras, retired Elder Law attorney, currently licensed in Arizona, will be available to discuss legal problems and issues, including real estate and rental situations. Appointments are private and in 15-minute intervals. Donations for her assistance will be discussed during your appointment. Call to schedule an appointment.



### Movie Schedule

Movies are shown in the TV lounge at **12:15 p.m. on Thursdays.** A big thanks to our friends at *Video Paradise* in Chandler, who graciously donate the movies each week.

- January 6 Kramer vs Kramer (PG13)
- January 13 Music of the Heart (PG)
- January 20 The Hours (PG13)
- January 27 One True Thing (PG13)
- February 3 An Affair to Remember (PG)
- February 10 Shakespeare in Love (PG13)
- February 17 The English Patient (PG13)
- February 24 Chocolat (PG)

### Out to the Movies



Join your friends and go out to the movies once a month on Tuesday afternoon. Transportation is provided to and from the senior center to the theater. Departure time will depend on the start of the

movie. Cost is \$1.25 for admission, \$1.25 for soda, and \$1.25 for popcorn. We will go to the movies on Tuesday, **January 25** and **February 22.**

### Quilting

The ladies have been very busy making lots of beautiful quilts. If you have a quilt that you would like to have finished, the quilters can do it for \$3 per square foot. Call the front desk for more information. If you enjoy quilting, join us every **Monday, Tuesday, and Thursday at 8 a.m.**

### Reading Room

The Senior Center has the *Arizona Republic*, *Independent Newspaper*, *East Valley Tribune*, and many senior-related papers for your reading pleasure. The papers are to share with everyone, so please leave them in the reading room. Read a book, and share it with others. We have a library full of novels to take home, share and recycle.

### Walking Clubs

Bring a friend and go walking once a month at the mall. We will depart at 9 a.m. on **Wednesday, January 12** for Chandler Fashion Center. The February trip will be on **Wednesday, February 9** to Kohl's. Please sign up at the front desk. Transportation will be provided to and from the mall.

**Walk around downtown!** On **Tuesday mornings** we will leave at 9 a.m. to walk as a group around Historic Downtown Chandler. Enjoy the lovely weather and get some exercise too! Wear comfortable shoes and bring a friend.

**In Center Specials!** Do you ever wonder if there is even more trips and special activities going on at the Senior Center? Yes there are! At times trips and activities are offered only to those who attend the Senior Center regularly and are not published in the newsletter. So join us for lunch and see what else we do with and for you.

## NEED TRANSPORTATION TO THE CENTER?

Call Maricopa County at (623) 934-4256  
or Dial-A-Ride at (480) 633-0101.

## Adventures & Outings

**January 20 – Arizona Opry (Barleens).** Join us for our annual trip to the Arizona Opry. Enjoy a delicious roast beef dinner and musical entertainment by the Barleen family and friends. Tickets are \$19 per person and transportation will be provided. Register and pay at the front desk by January 12, 2005. Depart at 4:45 p.m.

**February 3 –** The comedy “**Barefoot in the Park**” is playing at the Hale Centre Theatre and we’re going. Depart at 6:30 p.m. **Tickets are \$14 each.** Sign up and pay by January 27.

**February 25 –** Join us for the **Fountain Hills Art Festival**, Friday, February 25 **from 10 a.m. – 5:00 p.m.** There will be over 500 artists and artisans, live entertainment, and lots of food. Transportation is provided from the center. Depart at 10 a.m.

## Classes at the Chandler Senior Center

Classes will run for 7 weeks and will begin the week of March 14 through April 29, 2005. Class registration begins February 12. Classes will be held in the Senior Center unless stated otherwise. For further information on the classes or how to register, call the Senior Center staff at (480) 782-2720.

### RECREATION CLASSES INCLUDE:

- ❖ TAI CHI CH’UAN – BEGINNER
- ❖ TAI CHI CH’UAN – ADVANCED
- ❖ CHI KUNG
- ❖ BACK CARE
- ❖ CHAIR YOGA
- ❖ YOGA & MEDITATION
- ❖ BEGINNING COMPUTERS I
- ❖ BEGINNING COMPUTERS II
- ❖ THE INTERNET/WORLD WIDE WEB
- ❖ MICROSOFT CARD SHOP
- ❖ BEGINNING GOLF LESSONS
- ❖ INTERMEDIATE GOLF LESSONS
- ❖ FUN WITH ELECTRONIC KEYBOARDS
- ❖ HEALTHY COOKING
- ❖ BEGINNING WATER AND ACRYLIC PAINTING
- ❖ QUILT BLOCKS
- ❖ SIX HOME DÉCOR CRAFT CLASSES
- ❖ LIVING LIFE TO ITS FULLEST
- ❖ TENNIS
- ❖ JEWELRY, PAPER AND SOFT DOLL MAKING
- ❖ HOW TO PLAN A SUCCESSFUL DINNER PARTY AND ETIQUETTE TOO

### AARP Driver Safety Program (55 Alive)

This is a driver re-training program to help people 50 and older improve their driving skills. Classes **will be held from 1:00 – 5:00 p.m. on the following dates: January 20 & 21, February 17 & 18, and March 17 & 18.** Class fee is \$10. Make checks payable to AARP. Call to register at (480) 782-2720.

## Entertainment at the Chandler Senior Center

- **January 4 –** The multi-talented Frank Mackay will be here to entertain at 10 a.m.
- **January 10 –** Art Hochalter entertains you with an array of music starting at 10 a.m.
- **January 13 –** Come and enjoy the Hawaiian Hula Dancers starting at 10 a.m.
- **January 18 –** Have you ever seen a man play music on a saw? If not, come see Monte Smith play at 10 a.m.
- **January 20 –** Get your cowboy boots out and join us for the Country duo at 10 a.m.
- **January 24 –** Come out and listen to the variety of sounds from Jay Farris at 10 a.m.
- **February 3 –** Enjoy some Irish tunes with Steve Colby and John Good at 10 a.m.
- **February 7 –** See those Silver Foxes dance starting at 10 a.m.
- **February 10 –** Gloria Crandall is back to perform for all of you starting at 10 a.m.
- **February 14 –** Valentine’s Day we will have Emerson Carrethers entertaining at 10 a.m.
- **February 24 –** Enjoy the wonderful voice of Jim Bing as he sings your favorite tunes at 10 a.m.

## Special Events at the Chandler Senior Center

### January 20 – “Arizona Opry (Barleens).”

Join us for our annual trip to the Arizona Opry. Enjoy a delicious roast beef dinner and some great musical entertainment provided by the Barleen family and friends. Tickets are \$19 per person and transportation will be provided. We will depart at 4:45 p.m. Register at the front desk by January 12, 2005.

### February 3 and 10 – “Variety Show Auditions.”

The 12<sup>th</sup> Annual Senior Variety Show will be held on March 23, 24 and 25, 2005. In order to perform in the show you must audition your talents. Please call to schedule your audition time. Auditions will be held on February 5 & 10 from 2-5 p.m. at the Chandler Senior Center (480-782-2720) and February 7 from 1-3 p.m. at the Gilbert Senior Center (480-892-9898).

### February 14 – “Valentine’s Day Party.”

Celebrate Valentine’s Day with us starting at 10 a.m. We will have cookies and refreshments for everyone to enjoy. Emerson Carrethers will also be performing starting at 10 a.m.

### February 18 – “14<sup>th</sup> Annual Senior Spelling Bee/Dominoes Tournament.”

The Arizona Senior Center Association is hosting a spelling bee/dominoes tournament at the Embassy Suites Hotel in Phoenix. Come to the front desk for a registration form and entrance rules. The deadline for registration is February 4, 2005.

## Featured Speakers at the Chandler Senior Center

**January 12 & February 9** – Secure Horizons – PacifiCare will be sponsoring a series of talks on the 2<sup>nd</sup> Wednesday of each month. Each talk will be about some aspect of Medicare, starting at 10:30 a.m. **Attend the sessions and Secure Horizons – PacifiCare will pay for your lunch on that day. Lunch reservations required, please call two days in advance to make your reservation.**

**January 20 & February 17** – Michael Molumby, Hearing Systems Specialist with Miracle Ear, will be conducting hearing and adaptive devices checks from 9-11 a.m. Sign up at the front desk.

**January 20 & February 17** – The representative from “Canadian Prescriptions” will be here at 9 a.m. to talk about and assist with pricing and ordering your medicines.

**January 20 & February 17** – Representatives from ElderVention will be available every 3rd Thursday

of the month. ElderVention is a free and confidential program designed to help people 55 and over to achieve and maintain a healthy emotional life and to educate at-risk seniors on home based prevention programs.

**January 24** – The American Lung Association of Arizona is delighted to provide **free lung health screenings** from 9-11 a.m. A lung health screening includes a simple questionnaire and a pulmonary function test called spirometry. The entire process takes only five minutes and no sign up is necessary.

**February 3** – Health Net will be here to discuss “How to Prevent the Pain and Stiffness of Arthritis” starting at 10 a.m.

**February 8** – Home Instead will discuss “Fall Prevention” starting at 10 a.m.

### Free Lunch! Free Bingo!

Secure Horizons – PacifiCare will pay for your lunch every 2<sup>nd</sup> Wednesday of the month, January 12 & February 9; reservations are required. They will also sponsor free bingo every 1<sup>st</sup> Monday of the month, January 3 & February 7.

*Thank you, Secure Horizons – PacifiCare!*

## Upcoming Casino and Overnight Trips

### Casino Day Trips

#### WE WILL NO LONGER GO TO APACHE GOLD CASINO

January 13, February 10, March 10  
Fort McDowell Casino at 9:30 a.m.

January 26, February 23, March 23  
Matatal Casino at 8:30 a.m.

#### TRIP REGISTRATION PROCESS

Registration is required, but registration will only be taken for those trips listed in this issue. Registration cannot be made for trips that are not listed in this issue. Sign up at the front desk or call to reserve your seat on the bus for trips in this issue. Space is limited!

### Overnight and Day Trips

#### **Especially 4-U Tours Sponsors All Trips**

All trips have minimum number requirements that must be met by the registration deadline or the trip will be cancelled and a refund issued. Ask the front desk for special cancellation policies and trip insurance for Especially 4-U Tours. For more trip information, call (480) 782-2720.

#### **Algodones Shopping – January 15, 2005**

**\* \$49 per person**

Where in the world is Algodones? Check your map. It is just across the border from Yuma. Stay approximately 4–5 hours for great shopping at lots of shops, drugstores, and eateries. Dinner on your own in the evening in Yuma with rest stops coming and going in Gila Bend.

#### **Tubac Festival of the Arts – February 5, 2005**

**\* \$49 per person**

The Annual Festival of the Arts Tubac's streets will be bursting with color as artisans set up their wares on the sidewalks of this historic village. Everything is at your fingertips as you stroll down the village streets rich in the Spanish, Hohokam, O'odham and Mexican cultures. Artists, craft persons and ethnic foods from around the world highlight this magical celebration! This year's featured artist is once again Amado Pena, creator of the official Tubac Festival print.

#### **AVI Overnight – February 13, 2005**

**\* \$29 single \* \$19 double**

Leave the Valley early and head for the AVI Hotel and Casino on the outskirts of Nevada where you will receive a free buffet and have the rest of the day on your own. The second day you will travel into the heart of Laughlin where you will have a 5-hour casino stop at the famous Colorado Belle. Here you will receive a fun book and free buffet. You will then return home arriving around 9:00 p.m.

#### **Algodones Gambling – March 14, 2005**

**\* \$39 per person**

**\*CASH BACK \*FOOD DISCOUNT**

Leave the Valley early and travel to Yuma for 4 hours of gaming fun at the Quechan Paradise Casino. Then continue over the Mexican border into Algodones, a quaint town with lots of shops and drug stores. After a limited time here start for home with a dinner stop (on your own) in Yuma, arriving back in the Valley of the sun in the late evening. **Proof of citizenship is required**

#### **Colorado Belle Overnight – March 20, 2005**

**\* \$39 single \* \$29 double**

Leave the valley early and head for Laughlin, Nevada. You will arrive at the Colorado Belle Hotel & Casino and receive a free buffet and fun book. The rest of the day is spent on your own. The next day you will check out and have a free day to relax or enjoy the other casinos on the Laughlin strip before heading back to the Valley of the Sun.

#### **Vegas Gambler – April 26, 2005**

**\* \$59 single \* \$39 double**

Leave the valley early and head for Jean, Nevada with a rest stop along the way. Spend the day gaming at the Gold Strike and Nevada Landing casinos, receive a free buffet and stay overnight at one of these hotels. In the morning after breakfast head to Las Vegas and stay until after the Laser Show – Downtown and then head back to Jean for the night. Check out early this morning continuing on to Boulder Area where we will make two three – hour casino stops. You will have a chance to have your own lunch at one of these casinos at a reasonable price. We will then head home arriving around 11 p.m.

## Upcoming Special Events at the Chandler Senior Center

March 9 – Senior Expo 2005

*Presented by the Mayor Boyd W. Dunn's Committee for the Aging  
Sponsored by Michael A. Pollack Real Estate Investments  
Co-sponsored by Secure Horixona.*

9 a.m. – 12 p.m.  
Community Center, 125 E. Commonwealth Ave.

There will be more than 70 information booths for businesses and organizations that cater to the needs and issues of active adults.  
Door prizes will be given away during the event.



March 23, 24, and 25 – Senior Variety Show

12<sup>th</sup> Annual Senior Variety Show

March 23 and 24 at 2 p.m.  
March 25 at 7 p.m.

Chandler Center for the Arts  
250 N. Arizona Avenue

\$5 per person

Tickets will go on sale February 21 at the Chandler Senior Center at 202 E. Boston St. and Gilbert Senior Center located at 100 N. Oak St. or at the Center for the Arts.

### Auditions

February 3 & 10 from 2 – 5 p.m. at the Chandler Senior Center  
February 7 from 1 – 3 p.m. at the Gilbert Senior Center.

**For further information or to set your audition time, contact the Chandler at 782-2720 or the Gilbert at 892-9898.**



City of Chandler Recreation Division  
Chandler Senior Center  
202 East Boston Street

# Senior News

**"Read all about us!"**



**Chandler • Arizona**

**City of Chandler**  
Community Services Department  
Mail Stop 501, P.O. Box 4008  
Chandler, AZ 85244-4008

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202 East Boston Street

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